**Oolong Tea: Uses and History**

Oolong Tea is one of many types of tea.

Oolong tea originated about 400 years ago at Mt. Wu Yi Shin in Fujian Province at the end of Ming Dynasty. The climate of Fujian Province is the most suitable for the growing of tea.

An art was developed to enjoy the culture Oolong Tea by using a tiny pot and a tiny teacup.

Tea was part of ancient and civil Chinese herbal medicine. It was very important, and penetrated into many different types of medicine still used today. Oolong Tea, surprisingly, has many health benefits.

Flow of production stages (China)

* First fermentation
* 30% red and 70% green
* Careful decision on when to stop fermentation
* Charcoal drying
* Grading by a tea master
* Exported to Japan

